

Preventive Services Guidelines

Men's Health

Aetna adopts clinical preventive services recommendations from federal agencies and medical professional organizations. These include the U.S. Preventive Services Task Force (USPSTF) <http://www.ahrq.gov/clinic/prevenix.htm>, the National Cancer Institute (NCI) <http://www.cancer.gov/cancertopics/screening> for preventive screenings, and the Centers for Disease Control and Prevention (CDC) <http://www.cdc.gov/nip/ACIP/default.htm> for immunizations. In the absence of a definitive recommendation from these sources, we recognize recommendations from other nationally recognized sources, such as the American Cancer Society (ACS).

This document summarizes general immunization and screening guidelines for men ages 18 and older. These preventive services guidelines are recommended for healthy men for the prevention and early detection of certain conditions and diseases. Patients with high-risk conditions are encouraged to talk with their health care provider about the guidelines to determine what is appropriate for their individual needs. You'll find full content of the guidelines through the website links provided.

Full content of the immunization guidelines can be found at <http://www.cdc.gov/nip/recs/adult-schedule.htm>. Full content of screenings can be found at <http://www.ahrq.gov/clinic/prevenix.htm>.

IMMUNIZATION/SCREENINGS (MEN)

Blood Pressure

Periodically — 18 years and older

Height, Weight/Body Mass Index (BMI)

Periodically — 18 years and older

Cholesterol

Every 5 years — 35 years and older

Colorectal Cancer Screening*

Starting at age 50, yearly stool blood test (FOBT), OR flexible sigmoidoscopy every 5 years, OR yearly stool blood test plus flexible sigmoidoscopy every 5 years, OR double contrast barium enema every 5 years, OR colonoscopy every 10 years

Prostate Cancer Screening**

Annually — Starting at age 50, both the prostate-specific antigen (PSA) blood test and digital rectal examination (DRE) should be offered

Influenza

Annually — 50 years and older

Pneumococcal

1 dose — 65 years and older

Tetanus-diphtheria

Every 10 years — 18 years and older

Measles, Mumps and Rubella (MMR)

1 – 2 doses — for adults without a history of infection or previous immunization

Varicella-Zoster (Chicken Pox)

2 doses — at least 4 - 8 weeks apart for adults without a history of chicken pox or previous immunization

Alcohol misuse screening and behavioral health counseling intervention

Routinely — 18 years and older

Depression Screening

Routinely — 18 years and older

*Double contrast barium enema and colonoscopy recommendations are based on recommendations from the American Cancer Society. http://www.cancer.org/docroot/PED/content/PED_2_3X_ACS_Cancer_Detection_Guidelines_36.asp

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These guidelines are provided for informational purposes only and are not intended to direct coverage or benefit determinations, nor are they intended to direct treatment decisions.

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